NO HAIR BANDS
LIVE 88·5 FM

A WINNIE COMBO

A YOUNG WINSTON CHURCHILL LOCKS HORNS WITH THE DETECTIVE IN THE LATEST SEASON OF MURDOCH MYSTERIES PAGE 12

Weather your cold.

HALLS
We'll all feel better.

For the temporary relief of cough.
Always read and follow the label.

OTTAWA metro®

Monday, January 7, 2013

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

NHL commissioner Gary Bettman, left, and NHLPA executive director Donald Fehr, announced a tentative deal, but with Scotiabank Place and other arenas sitting empty for so long, will fans such as Kyle Dodd, second from right, and Nathan Lockie be drawn back in? The answer seems to be yes. More coverage, page 17. THE ASSOCIATED PRESS; FRED CHARTRAND/THE CANADIAN PRESS; JOE LOFARO/METRO

Fans bitter but pleased

Negotiation. Possible NHL labour deal shifts fan anger toward execs

JOE LOFARO
joe.lofaro@metronews.ca

With an agreement between the NHL and the players' association on the horizon, hockey fans in Ottawa reacted with mixed emotions Sunday at the prospect of a shortened season after a 113-day lockout.

"I'm excited that they're going to be back playing hockey, but it kind of sucks, though, for making tons of money and they couldn't make a deal to get it done earlier," said Carleton University student Nathan Lockie. "The fans suffered enough."

NHL commissioner Gary Bettman announced Sunday a tentative agreement had been reached following a 16-hour negotiating session. The agreement still has to be ratified by the owners and players.

Bettman and NHLPA executive director Donald Fehr were among the targets of frustrated hockey fans in the past six months for not being able to come to an agreement sooner.

"Gary Bettman — he deserves to be fired. So does Donald Fehr. It's not one person's fault on who it was, but it's all of them together," said Lockie, 20.

After hearing the news Sunday, Lockie spent most of his afternoon playing outdoor rink hockey at Brewer Park with his friend Kyle Dodd.

Dodd was also excited to hear the news that hockey might be making a comeback.

"Honestly, I was ready to give up, too. Just on the season, I mean. But now it's definitely worth it," he said.

"You can't miss out on it. I think people will still go (to the games)."

Visiting from upstate New York, Mike Basi said he and his family can't wait to have hockey back.

"It's just a shame that it's been shortened, but it's wonderful to have it back," he said of the NHL season, as he watched his son practise inside Brewer Arena.

"Usually, money is the issue. Money and greed."

Other dads in the arena Sunday felt the same way, noting that it was difficult to explain to their kids who love the sport why there was a lockout in the first place.

"How do you explain this to 10-year-olds who love the game, but their heroes aren't playing because it's really over a little bit of money to them," said Mark Belanger.

"You know what I tell my son all the time, is just 'Play hard and don't worry about things like that.'"

WITH FILES FROM THE CANADIAN PRESS

LASIK MD VISION

LASIK starting at $490/eye*
FREE Consultation
1-877-769-3030 • lasikmd.com

LASIK NOW, PAY IN 2014!†

LIMITED TIME OFFER!

$0 $0 0% DOWN PAYMENTS INTEREST

*Prices are subject to change without prior notice and may be raised periodically. Applicable to surgery on both eyes only. Other conditions may apply. †Subject to Desjardins Card Services credit approval. Patients must reserve their procedure on or before January 31, 2013 and undergo their surgery by February 28, 2013 in order to be eligible. Applicable to Custom LASIK on both eyes only. Cannot be combined with any other offer.

PUBLIC INVESTOR NOTICE

15K ~~30K~~ Condos for Sale in Florida Exclusive to Canadian Residents!

ATTEND FREE SEMINAR

Now Canadians can buy...U.S. REAL ESTATE at ~~70%~~ 90% OFF!

You don't need cash, credit or experience to take advantage of the incredible opportunity. You just need the desire to own your own personal real estate **CASH COW**. Attend this FREE 2 hour seminar and find out how you can own up to 10 investment properties in the U.S. for pennies on the dollar. Why not put $30,000 in your pocket each month? **Take advantage of the U.S. GOLD RUSH** just like so many other fellow Canadians.

At this FREE 2 hour seminar you'll learn how to spot, finance and create instant cash flow on any one of many properties available. Here's a sample of actual properties available at this event.....

SMART CANADIAN INVESTOR...

I can't believe it! After going to this seminar and learning everything on how to buy US real estate as a Canadian, I got together with my 2 best friends and we started using what was made available to us. We were allowed to market one of their properties, which originally bought at $25,000. We found a Canadian who wanted to buy US real estate and sold it for $50,000!!! The property was still Cashflowing! She was so happy with getting this property that she is buying a second property from us too! We generated more money 5 days after the seminar then I have made in the last year! I can't believe it! – **Michael R.**

THIS EVENT IS FREE! HURRY SEATS FILL QUICKLY!

Learn How to get Access to Great DEALS in FLORIDA & LAS VEGAS!

Condo in Boca Raton, FL
OPENING BID
$3,900

Condo in Palm City, FL
OPENING BID
$5,000

Condo Titusville, FL
OPENING BID
$4,900

Condo in Boca Raton, FL
OPENING BID
$9,900

Condo in Fort Pierce, FL
OPENING BID
$11,500

Condo in Lauderhill, FL
OPENING BID
$16,000

Condo Clearwater, FL
OPENING BID
$16,900

VACATION GETAWAY! 3 Days/2 Nights! WHEN YOU ATTEND

FREE GIFTS

when you attend you will receive:

Real Estate Success Kit

PLUS FREE 900 AUCTION LIST!

Pre-registrants guaranteed CD

($199 Value)

- 900 Properties in FL under $50,000
- 10,000 U.S. foreclosures
- 10 Hard Money Lenders
- Buying Guide U.S. RE
- 5,000 investors in U.S.

PLUS FREE MP3 Player

Flipping Houses for Quick Cash!
Stress Free Land Lording
Tax Lien Investing ...Robust Returns
First Time Home Buying With a Flair

1. Flipping Houses for Quick Cash!
2. Stress Free Land Lording
3. Tax Lien Investing Robust Returns
4. First TIme Home Buying With Flair

Seating is limited!
Hurry while supplies last!

PRE-REGISTER NOW and get:
4 Special Reports
for immediate download
($99 Value)

Digital Success

Call Now to Register

1.800.896.0264

register for FREE 2 Hour seminar online **www.Notice2013.com**

— OTTAWA —	— OTTAWA —	— OTTAWA —
Thursday, January 17	**Friday, January 18**	**Saturday, January**
2:00 pm or 7:00 pm	2:00 pm or 7:00 pm	Noon or 4:00 pm
EMBASSY HOTEL	**WESTIN OTTAWA**	**HILTON OTTAWA AIRPORT**
25 Cartier Street	11 Colonel by Drive	2400 Alert Road

© 2012 Real Estate Pickers. All Rights Reserved. No properties will be offered at seminar. Seminar is for education purposes only.

NEWS

Loaded rifle

Man arrested for accidentally shooting girlfriend

An 18-year-old man was arrested in Ottawa's west end Thursday night after accidentally shooting his girlfriend in the arm with a rifle he didn't know was loaded, police say.

Police got a call from Twin Elm Road at 9:10 p.m. and arrived to find the 18-year-old woman had already gone to a local hospital with a wounded arm. Both the victim and shooter were said to be co-operating with police, and two rifles were seized from the west-end home.

Following interviews, police arrested the man Friday afternoon for the shooting. Kevin Parks was charged with careless use of a firearm and unauthorized possession of a firearm.

GRAHAM LANKTREE/METRO

Search for answers

Cops investigate assault, stabbing

Ottawa police are investigating a Sunday-morning assault and stabbing in the Cyrville area. Police say a victim was transported to the hospital, by ambulance, with non-life-threatening injuries. A suspect was arrested a short distance away, not long after the incident occurred, police say. METRO

Hunt for culprits

Armed-robbery suspects nabbed

Gatineau police chased down and arrested two suspects in Thursday's armed robbery of a Credit Union — one while he was riding in a taxi and the other in an early-morning motel raid.

GRAHAM LANKTREE/METRO

A Gatineau police officer guards the scene near Club Addiction on Promenade du Portage, where 18-year-old Sheldon O'Grady, inset, an Algonquin College student, was killed on Saturday. MIKE CARROCCETTO/FOR METRO INSET/FACBOOK

Arrest made in fatal stabbing of 18-year-old

Street violence. Twitter, Facebook overflows with memories of Sheldon O'Grady

JOE LOFARO
joe.lofaro@metronews.ca

Police have made an arrest in connection with the fatal stabbing of an 18-year-old Ottawa man near a Gatineau nightclub early Saturday morning.

Gatineau police said in a news release they arrested Mourad Louati, 18, of Ottawa, at 6 p.m. on Saturday. Louati appeared in court Sunday by video teleconference on a charge of murder, police said.

The victim, Sheldon O'Grady, also 18 and from Ottawa, was stabbed during a fight outside Club Addiction at 117 Promenade du Portage, police said. He was pronounced dead in hospital at 8 a.m. that day. He was the city's first homicide victim of 2013.

An autopsy will be performed Monday in Montreal, police said.

"The autopsy will help us to know, among other things, the nature of the victim's injuries," Gatineau police spokesman Jean-Paul Lemay wrote in a news release.

Lemay said the investigation is ongoing, and police have not found a murder weapon.

"Anyone with information that may help us to locate the weapon, a knife, or with information about the event are requested to contact the SPVG Info Line 819 243-2346, ext 6677."

An outpouring of condolences flooded Facebook and Twitter Saturday. People shared their memories of a young Ottawa man who is believed to have played soccer at Algonquin College.

The #RIPSheldonOG hashtag trended on Twitter for hours as people shared their sympathies with the victim's family online.

"Rest in Paradise Sheldon. Nobody deserves this and you will be missed by many. #RIP-SheldonOG," tweeted Brady Warnock.

Yann Fillion wrote, "Things can happen so fast, 2 days ago you were on the pitch and now you're with god. RIP Sheldon. My sincere condolences #RIPSheldonOG."

In a Facebook post at 5:37 a.m. Saturday, Club Addiction thanked patrons for their patience as police conducted their investigation.

The post said the incident "happened down the road" from the club. Police could be seen cleaning up a bloody sidewalk crime scene, about 50 feet from the front door of the club, Saturday morning.

"It is unfortunate that this kind of incident happened but we will do what we can to help. Addiction will open Saturday night as usual," the post read.

"Hopefully the police will apprehend the culprit and the victim is ok."

Later a Club Addiction DJ and manager commented on the post saying, "We do offer our condolences to the friends and family of Sheldon."

ottawa health & wellness expo
presented by: GoodLife FITNESS
be fit • eat right • think well • go green
Visit the website for more details and to purchase tickets
www.OttawaHealthandWellnessExpo.com

Join us for the 7th annual Health and Wellness Expo!
Saturday January 12th, 2012 • 9 am to 4 pm
CENTRE DES ARTS SHENKMAN ARTS CENTRE
Expo Special Key Note Speaker
New York Times Best Selling Author, Dr. William Davis
WHEAT BELLY
Over 100 exhibitors this year, amazing speakers and a shocking newly released health documentary.
DON'T MISS OUT!

Chief an inspiration for all Canadians: Paul Martin

Attawapiskat Chief Theresa Spence holds hands with her daughter Juliette Spence during a press conference outside her teepee on Victoria Island in Ottawa on Friday. Spence has been on a hunger strike for more than three weeks. SEAN KILPATRICK/THE CANADIAN PRESS

Hunger strike. Former PM who brokered Kelowna Accord meets with Spence, while Harper says he will meet with First Nations leadership this week

An aboriginal chief who has gone without solid food for close to a month in a bid to force renewed talks between First Nations and the federal government is an inspiration to all Canadians, says former prime minister Paul Martin.

Martin visited Attawapiskat Chief Theresa Spence at her camp on Ottawa's Victoria Island on Saturday.

He told CTV's Question Period Sunday that it was a good meeting.

"I just told her that she'd become really an inspiration for all Canadians and that we were obviously concerned about her health and that she's got to take care of herself," Martin said.

One of Martin's final acts as prime minister was the brokering of the Kelowna Accord, a deal between the government and First Nations that would have seen $5 billion in new spending over 10 years.

The money would have been used to improve education and health outcomes, as well as housing.

But Martin's Liberal government fell and was replaced by the Conservatives under Prime Minister Stephen Harper and the accord was never implemented.

Resetting the treaty relationship was Spence's goal when she began her self-proclaimed hunger strike on Dec. 11, giving up solid foods in favour of a liquids-only diet.

Spence was seeking a meeting between the prime minister, Governor General and First Nations leadership.

Her strike came as aboriginal activists also began a national protest movement called Idle No More in response to the Conservatives' latest budget bill.

The Idle No More movement feels the bill threatens their treaty rights with the changes it makes to regulations surrounding waterways. THE CANADIAN PRESS

Weekend protests

Idle No More protests continued over the weekend with groups blocking rail lines and border crossings throughout the country.

- A blockade of VIA Rail lines near Kingston on Saturday held up trains on the Montreal-Ottawa-Toronto corridor, affecting about 1,000 people.
- A protest at the Seaway International Bridge near Cornwall, Ont., prompted police to close the border crossing as a public-safety precaution.

Coast Guard

U.S. reviews B.C. oil-export plans

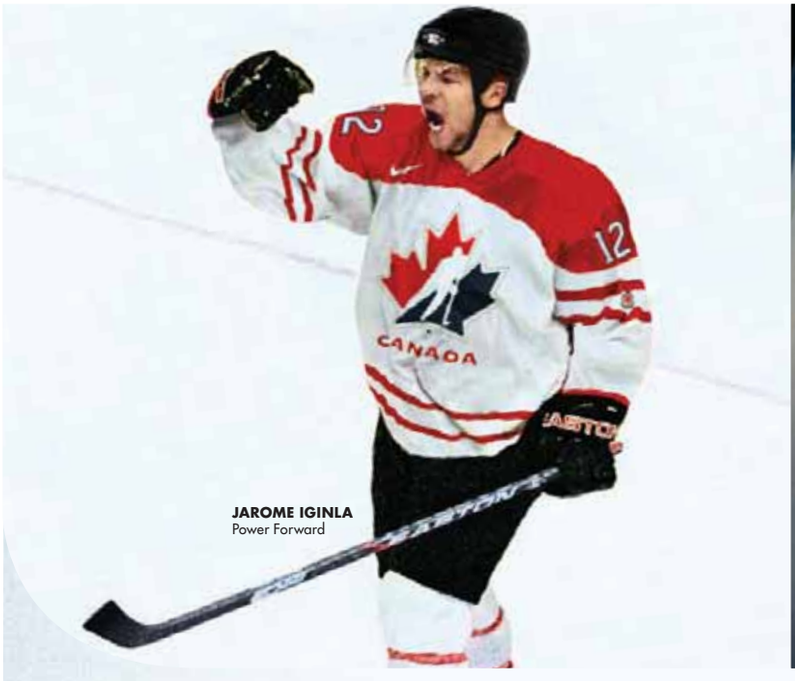
Concerns in the U.S. over oil-tanker traffic from British Columbia have spurred a U.S. Coast Guard review of proposed increases in Canadian oil exports.

A legislative amendment signed into law by President Barack Obama a few weeks ago gives the U.S. marine-safety agency six months to conduct a risk assessment of the planned expansion of oil-pipeline capacity to the West Coast. THE CANADIAN PRESS

Troubled program

Naval ships under scrutiny

The navy's long-delayed joint support-ship program is expected to come under the political microscope within weeks in what is likely another defence-equipment embarrassment for the Harper government. The parliamentary budget officer is poised to release his findings once MPs return from their Christmas break. THE CANADIAN PRESS



JAROME IGINLA
Power Forward

IN PROFESSIONAL HOCKEY,
THERE ARE NO SICK DAYS...OR NIGHTS.

The non-drowsy, stuffy head, sore throat, coughing, aching, fever, game day even with a cold...medicine.

The nighttime sniffling, sneezing, coughing, aching, fever, so you can sleep with a cold...medicine

VICKS

To ensure this product is right for you, read and follow the label. © Procter & Gamble, Inc., 2011. Official Sponsor of Hockey Canada

Iran seeks 'special' investigation into death of jailed blogger

Sattar Beheshti. Parliament group in Iran looks for answers after death of blogger causes controversy

A powerful group in Iran's parliament called Sunday for expanded investigations into the death of a jailed blogger in a case that has already brought down the chief of the Internet-monitoring police and opened rare public debates over the growing powers of the country's web watchers.

While the blogger, Sattar Beheshti, was not the first suspected opposition activist to die in Iranian custody — and bring international condemnation on Iran — the fallout since November has taken an added toll by exposing apparent conflicts between regular security networks and the widening clout of the cyber-police.

THE ASSOCIATED PRESS

Death

The death of Sattar Beheshti has put Iran's Internet-monitoring police under scrutiny.

- **Investigation.** A statement read Sunday on behalf of the parliament's Committee on National Security and Foreign Policy called for a "special" investigation into the death.
- **Another probe?** It was not immediately clear what kind of added probe could occur, since prosecutors already have opened an investigation into the case.

Iranians surf the web in an Internet café at a shopping centre in central Tehran on Sunday. Iran's leaders have placed a top priority on efforts to stamp out online dissent. VAHID SALEMI/THE ASSOCIATED PRESS

New software

Iran cracking down on social networking

Iran's police chief says the Islamic Republic is developing new software to control social-networking sites.

Gen. Esmail Ahmadi Moghadam was quoted in Iranian newspapers Saturday as saying the new software will prevent Iranians from being exposed to malicious content while allowing users to enjoy the benefits of the Internet. He did not say when the software would be introduced.

THE ASSOCIATED PRESS

Official name now 'State of Palestine,' declares Abbas

President Mahmoud Abbas
BED AL HASHLAMOUN-POOL/GETTY IMAGES FILE

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence." Israel still controls most of the West Bank.

Israel objected to the Palestinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday. THE ASSOCIATED PRESS

Rare speech. Assad rules out peace talks with 'murderous criminals'

A defiant Syrian President Bashar Assad rallied a chanting and cheering crowd Sunday to fight the uprising against his authoritarian rule, dismissing any chance of dialogue with "murderous criminals" that he blames for nearly two years of violence that has left 60,000 dead.

In his first public speech in six months, Assad laid out terms for a peace plan that keeps himself in power, ignoring international demands to step down and pledging to continue the battle "as long as there is one terrorist left" in Syria.

"What we started will not stop," he said, standing at a lectern on stage at the Opera House in Damascus.

THE ASSOCIATED PRESS

240
SPARKS
SIDEWALK SALE
JANUARY 9-19
VISIT 240SPARKS.COM
INDOORS
CORNER OF BANK AND QUEEN
À L'INTÉRIEUR
À L'ANGLE DES RUES BANK ET QUEEN
VENTE DE TROTTOIR
9-19 JANVIER
VISITEZ LE 240SPARKS.COM
lifestyle • style de vie
APPLETREE MEDICAL CENTRE • SPARKS DENTAL CLINIC • LCBO • SHEAR HEAVEN
REXALL • HILLARY'S • MERHI QUALITY SHOE REPAIR • WIND MOBILE • INTERNATIONAL NEWS
fashion • mode
BENTONS • HOLT RENFREW • BOUTIQUE ELISA G. • FAIRWEATHER • ZA ZA JEWELRY AND ACCESSORIES
food • restauration
JIMMY THE GREEK • TIMOTHY'S • MANHATTAN'S HAND MADE BURGERS • ASIAN GOURMET • SUBWAY • TUTTO PASTA
TERIYAKI EXPERIENCE • MARCELLO'S MARKET & DELI • LUNCH
Free Underground Parking weekdays after 5:00 pm and all-day on weekends
Stationnement souterrain gratuit après 17 h en semaine et toute la journée les fins de semaine

Sexual violence. Former B.C. politician weighs in on castration debate

EMILY JACKSON
Metro in Vancouver

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have them removed," Dosanjh said on Twitter.

Ujjal Dosanjh THE CANADIAN PRESS FILE

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

Gang rape in India

- Dosanjh's comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.
- Thousands have taken to India's streets in protest since the rape, which led to murder charges against five men.

To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week.

Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. THE CANADIAN PRESS

Alleged assault

Police look for suspects after cabbie robbed

Police in St. Thomas are looking for two suspects after a female taxi driver was assaulted, robbed and left tied to playground equipment early Sunday.

She was taken to hospital for minor facial wounds and has since been released.

THE CANADIAN PRESS

CLEANSING...

it's like health insurance for your body

Why You Should Cleanse

- Increases Energy
- Reduces Toxic Load
- Improves Elimination
- Improves Digestion
- Reduces Risk of Chronic Health Conditions

First Cleanse is designed for the first time or sensitive cleanser. It is gentle yet effective.

CleanseSMART is a 30 day advanced cleanse that deeply detoxifies the whole body. CleanseSMART is designed to work regardless of diet or lifestyle.

Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.

TESTIMONIAL

After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P, 2012-05-04.

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

$3 Off Receive $3 Off Your Next Purchase Of Any Renew Life Product*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires February 28th, 2013.

Obesity's full scourge forgotten: Poll

Health. Poll shows most Americans know about heart disease and diabetes, but the list doesn't stop there

Heart disease and diabetes get all the attention, but what about the other ways obesity can damage your health?

Carrying too many pounds may lead to or worsen some types of cancer, arthritis, sleep apnea and even infertility. But a new U.S. poll suggests few people realize the links.

Ask about the most serious consequences, and more than seven in 10 Americans can correctly tick off heart disease and diabetes, according an Associated Press-NORC Center for Public Affairs Research poll.

The other consequences aren't so well known.

Only seven per cent surveyed mentioned cancer, although doctors long have known that fat increases the risk of developing cancers of the colon, breast, prostate, uterus and other parts. Plus, being overweight can make tumours harder to spot and treat.

Then there's your joints, especially the knees. About 15 per cent knew obesity can contribute to arthritis, a vicious cycle as joint pain makes it harder to exercise and shed pounds.

High blood pressure, high cholesterol and strokes were fairly low on the list. Infertility didn't get a mention. Just five per cent mentioned respiratory problems. THE ASSOCIATED PRESS

Litany of ills

"People are often shocked to hear how far-reaching the effects of obesity are."

Jennifer Dimitriou, bariatric dietitian at New York's Montefiore Medical Center

About one-quarter of Americans think it's possible for someone to be obese and still healthy, according to a poll. MARK LENNIHAN/THE ASSOCIATED PRESS FILE

Not my problem

Italian premier mum on gay rights

Italian Premier Mario Monti, who is being backed by the Vatican in his re-election bid, says gay-rights issues — including gay marriage — should be decided by Parliament, not his government if he wins.

Monti told Sky TG24 TV on Sunday that issues involving personal dignity are more important than economic reforms. But he stressed that his coalition forces came together to work on the more "urgent" task of economic growth.

Monti didn't express his personal opinion on gay marriage.

THE ASSOCIATED PRESS

Luck o' the Spanish

Lottery drops a billion dollars in struggling Spain

A lottery showered $1.1 billion US on ticket holders in Spain on Sunday in the midst of a deep recession and high unemployment.

The lottery tickets cost $26, and the most one can win is $260,240. But there's a catch: Thanks to new austerity measures, anyone who wins above $3,250 in the lottery has to pay 20 per cent income tax on it.

Spain's most lucrative lottery, El Gordo (The Fat One), distributed $3.3 billion last year.

THE ASSOCIATED PRESS

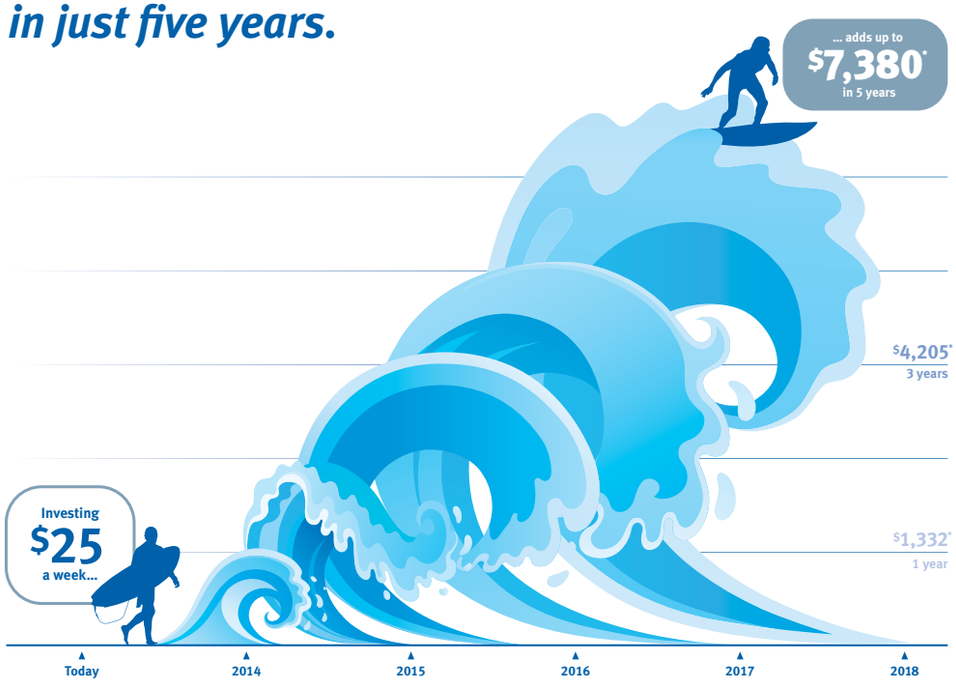
The old 'smuggle a rhino horn inside a hippo' trick

Seized rhino horns are shown with alleged Vietnamese smuggler Pham Quang Loc, 56, left, along with a Thai customs official during a news conference at Suvarnabhumi international airport in Bangkok, Thailand, on Sunday. Thai customs seized more than half a million US dollars worth of rhino horn hidden inside a souvenir hippo and arrested the accused on arrival from Ethiopia.

APICHART WEERAWONG/THE ASSOCIATED PRESS

RBC Royal Bank

Hang ten at Bondi Beach...
in just five years.



No matter what you're investing for,
$25 a week can get you there. Start today.

Talk to an RBC® advisor,
call 1-866-809-2197 or
visit rbc.com/bondi

Advice you can bank on™

® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially.

Plastic $20 bill sticks in vending industry's craw

Dispensing dispute. Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic $20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned $20 bills, the most popular denomination in Canada.

Some 145 million polymer $20 notes have been put into circulation since Nov. 7, one of a series of new plastic notes intended to thwart counterfeiters and last much longer than their paper-cotton predecessors.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go.

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us.... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

"I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie blames the Bank of Canada for failing to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines before the official release of the new bills.

The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. THE CANADIAN PRESS

Get a piece of the Fab Four on film

Auctioneer Paul Fairweather holds four colour transparencies of The Beatles taken during their first tour of the USA in 1964. The rare colour transparencies, taken by Dr. Robert Beck, are to be sold along with the copyright at Omega Auctions in Stockport, England, in a special Beatles memorabilia auction in March 2013. The unpublished collection of 65 slides contains many stage shots. DAVE THOMPSON/PA/THE ASSOCIATED PRESS

Hostess bankruptcy

Bidders line up for Wonder Bread

The makers of Thomas' English muffins and Tastykake snacks are emerging as two of the bidders for Wonder Bread and other Hostess bread brands as the company tries to sell off its assets under bankruptcy-court oversight, a newspaper reported Saturday.

The Wall Street Journal said Hostess Brands Inc. could reveal as early as next week that Flowers Foods Inc. and Grupo Bimbo SAB are in discussions to acquire its bread brands. The report said the brands could command $350 million US.

Hostess, which is based in Irving, Texas, announced in November that it was shutting down its business and selling its bread, snacks and cakes brands along with its 33 bakeries and other operations. THE ASSOCIATED PRESS

Alaska. Shell will attempt to tow stuck drill ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able."

If the drill ship can be pulled from the rocks off Sitkalidak Island, it will be towed 48 kilometres to shelter in Kodiak Island's Kiliuda Bay.

The Kulluk is a circular barge with a reinforced steel hull that allows it to operate in ice. One of two Shell ships that drilled last year in the Arctic Ocean, it has a 48-metre derrick rising from its centre and no propulsion system of its own. THE ASSOCIATED PRESS

Chevrolet Sonic symbolizes Detroit's surprise comeback

When the word reached the Orion Assembly Plant, it spread along the serpentine assembly line like news of a death or natural disaster: General Motors, the biggest automaker in the world, had filed for bankruptcy protection.

On that grim day in 2009, Chevrolet and Pontiac sedans kept rolling down the line. And 1,700 worried workers stayed at their stations even as GM announced it would close the Michigan plant in a desperate bid to survive.

But the workers didn't know they were witnessing the opening act of one of the greatest recovery stories in American business.

Nearly four years later, Chevrolets are still moving down the assembly line under the 82-acre roof. The plant now builds the Sonic, the bestselling subcompact car in the nation. It's a vehicle no one thought could be made profitably in the U.S., by a company that few people thought would last.

But GM has not only survived; it has earned $16 billion US in profits in the past three years. And the industry is on track to make this year its best year since 2007. THE ASSOCIATED PRESS

By the numbers

790,000

U.S. carmakers have made a remarkable recovery. Nearly 790,000 people now have jobs building cars, trucks and parts, up 27 per cent from the dark days of 2009.

You are not alone – cat allergies are one of the most common forms of allergies in the United States and Europe. As you know, the symptoms can significantly reduce your quality of life. The sneezing, itchy and burning eyes and skin, and stuffy or runny nose can be unbearable. You may have even tried multiple different treatment options with no improvement.

That's why physicians in your area are conducting a clinical research study of an investigational medication to see if it helps reduce the symptoms associated with cat allergies.

You may qualify to participate if you are between the ages of 12-65, live with a cat, and have experienced cat allergies for at least two years.

Qualified participants will receive all study-related care, including physical exams, lab services and study medication at no cost. Insurance is not required and compensation for travel and services may be available.

To learn more, please contact:

Kanata Allergy Services Ltd
613-599-5700 ext 23
kanataallergy@gmail.com

pause STUDY

V1:14June2012

Model's used for illustrative purposes only.

SLS Success Language School
"Bilingue en peu de temps"
HULL • OTTAWA • ORLEANS

LEARN FRENCH IN JANUARY TO KEEP THOSE OTTAWA JOBS

Six-week minis starting January 14, 2013
177 promenade du Portage (across from Place du Portage govt bldgs) – **DAY**
St. Laurent Mall (at Herzing College) – **EVENINGS / SATURDAY**
Six-week mini-immersions • Private/Semi-Private Lessons

BEGINNER, INTERMEDIATE, ADVANCED • SMALL CLASSES • FREE EVALUATION

"A public service commission diagnostic test recommended that I would need 840 hours of training to obtain my required profile. My total training hours were 174 and a final profile of CBB. I highly recommend Success Language School and the methodology used for those wishing to attain their linguistic requirements in a timely, effective manner." Drew – Federal Government Employee

www.successlanguageschool-ecolesucces.com • 613.795.5773

WHOSE LRT IS IT, ANYWAY?

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

It might seem a bit early in the game to be registering disappointment with the city's light-rail project, which after all doesn't yet exist.

But while some of us (myself included) were genuinely excited when long-awaited drawings of the planned stations were finally revealed last month, Eric Darwin was noticing a few features had inexplicably disappeared from the plans.

Darwin, a community-association member and blogger (you can check him out at westsideaction.com) has what he considers both an outsider's and an insider's perspective on the planned Confederation Line, having participated on city advisory committees about station design and pedestrian and cyclist access.

Throughout four years of meetings, he said, some popular key characteristics of the stations never changed: They would have high ceilings with open mezzanines, maximizing riders' safety by providing clear views to a single central train platform below, between the east- and westbound tracks.

"At off hours, when there's only four or five people waiting for a train, say at 11:30 at night, the people going east and west are on the same platform, so it gives you the comfort of being in larger numbers," Darwin explained. "And they rated this as being very important. This went into the criteria when they asked for bids. And the winning design that comes back has side platforms with very low ceilings."

Best laid plans

Throughout four years of meetings ... some popular key characteristics of the stations never changed: They would have high ceilings with open mezzanines, maximizing riders' safety by providing clear views to a single central train platform below, between the east- and westbound tracks.

As a result, passengers at stations like Downtown West won't be able to see onto the platforms until they're on them, and Darwin worries that inferior visibility could compromise safety.

John Jensen, director of the city's Rail Implementation Office, said in an email that the stations have been designed with safety as a top priority, and they will be patrolled by OC Transpo constables and outfitted with security cameras and emergency communications.

Still, Darwin is left wondering just what inspired the redraw and numerous other changes: "Who made that decision? Where did it come from?"

Jensen didn't indicate why the design had been changed, but mentioned that the city had consulted with more than 200 organizations, including Community and Protective Services, community groups and advisory committees in the planning process for the Confederation Line.

Given a survey that broad, it's hardly surprising that not everybody involved will end up being satisfied with every aspect of the design. Individual priorities necessarily get diluted, and you can't put every nut and bolt of a $2-billion project up for a vote. But how hard would it have been to explain what are no doubt perfectly good reasons for the design changes, or to at least keep stakeholders apprised that they'd been made?

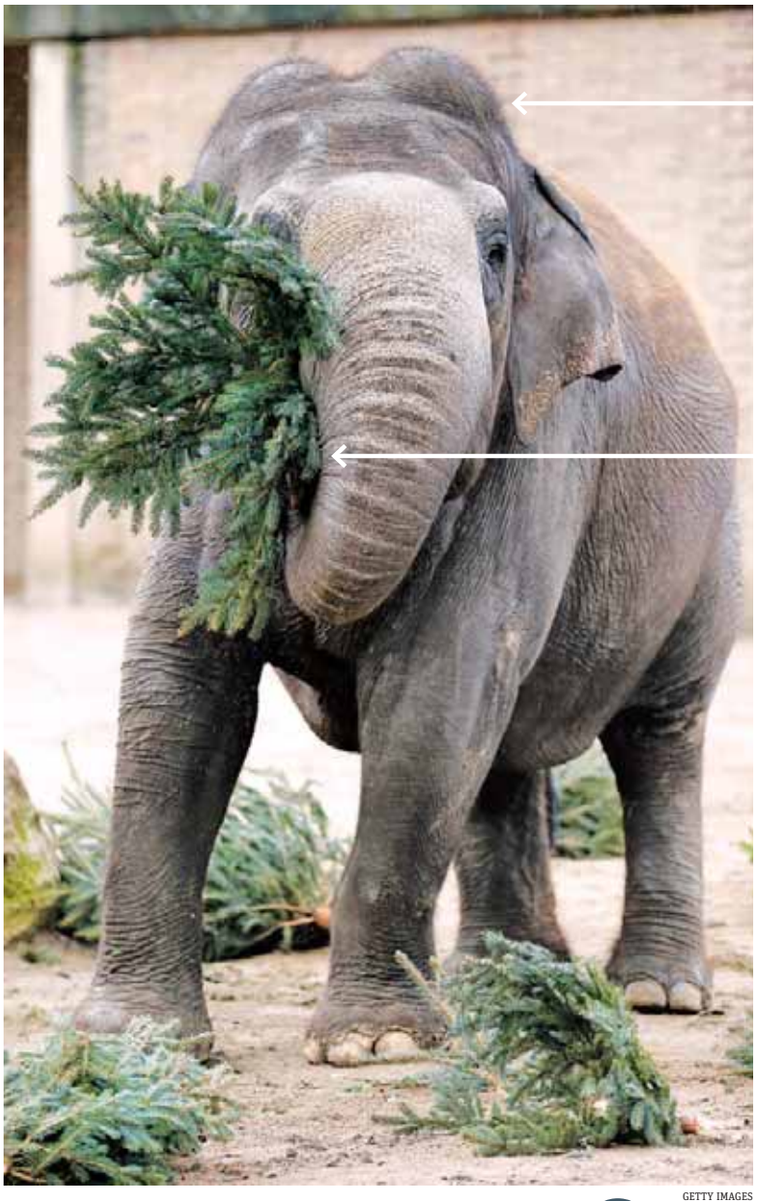
"I wish that the city had re-invited their PAC members to some of these briefing sessions and said, 'Here are the tradeoffs, we're losing this,'" Darwin said.

Incidentally, this past fall, the city decided to cut back in general on regular advice it gets from the public, eliminating half of its citizen-advisory committees. The surviving ones, moreover, are scheduled to meet less often. The input of these committees was sometimes ignored anyway, but now there will simply be less of it to ignore.

In the absence of any explanation, and with the other two finalists' proposed designs for the Confederation Line kept confidential, Darwin and other members of the public are left to speculate what changed and who changed it. He suspects Mayor Watson's insistence that the project be completed on time and on budget, no matter what, to protect taxpayers, may have engendered some downsizing of the stations.

As Darwin sees it, "There's three things you can fool with: The price, the delivery time or the quality of the project that we build, and he said the price and the delivery time are fixed and can't be changed, so the only thing you can vary is what you build, so they've been snipping, snipping, snipping and things have gotten smaller and less comfortable."

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday, before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. METRO WORLD NEWS

Gentle diners

"They don't just poke the tree into their mouths.... They gently pluck the branches."
Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

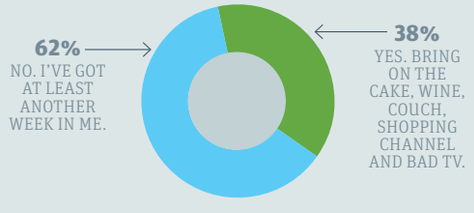
Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The XMS MissileToe comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. METRO WORLD NEWS

A screen grab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you already given up on your New Year's resolution?



Twitter

@vanessahayford:
#ThingsIDontCareAbout Hockey. So excuse me while I don't jump for joy that the NHL is back in session.

@patterballs:
Sorry guys, I've moved on. I'm seeing other sports now. Play like no one is watching. #NHL

@war_I:
Was having a good #SundayMorning until I got news of the #NHL & #NHLPA reaching a deal on their#CBA Debacle. #SMH #FML. #HateHockey !

@oi_not_again:
The flip side about players/media bleating about how exciting & intense a 50-game #NHL schedule will be: what it says about an 82-schedule.

@DownGoesBrown:
The NHL and NHLPA "save" the season in the same sense that drunken parents rush back and "save" the baby they left in a parked car.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

comwave

Long Distance

Go ahead and make long distance calls right from your *Mobile Phone*

Cuba 89.9 ¢/min	Croatia 2.9 ¢/min	Bangladesh 3.9 ¢/min	Dominican Republic 3.9 ¢/min
Mexico 1.9 ¢/min	Romania 1.9 ¢/min	Philippines 10.9 ¢/min	Kazakhstan 4.9 ¢/min
Ukraine 8.9 ¢/min	Israel 1.9 ¢/min	Vietnam 3.9 ¢/min	Iran 4.9 ¢/min

India
1000 Minute bundle only $10/month
1¢ /minute

Unlimited Canada
Unlimited calling to anywhere in Canada
$5 /month

Limited Time Offer

$25 FREE

- No contracts...
- Just FREE long distance

Download our Comwave Mobile App

3 Days Free Trial

1-866-770-8085

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in price/product information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitive leased advertised rates for like services. Comwave will not refer match against charity or internet services, bundled/minute plans or prepaid calling cards due to their inaccurate billing criteria. $25 free given when $25 per month for 3 months. No minimum usage required. Calls to Comwave Mobile Phones may be billed at a higher rate. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

comwave Home Phone

Bundle your Home Phone and Internet *and save big!*

Home Phone + Internet ...for one low price

$49.95/month

The Comwave Comparison

	Bell	Rogers	comwave
Internet Speed	up to 5MBPs	up to 6MBPs	up to 6MBPs
Data Usage	15 GB	20 GB	UNLIMITED
Price	$67.90	$67.40	$49.95
You Save	$275.40	$269.40	Per Year

Limited Time Offer

6 Months FREE

Home Phone Service

Download our Comwave Mobile App

3 Days Free Trial

1-866-770-8085

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. The 6 Month Free Promotion is based on a 2YR term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 1 month free for a total of 6 months free. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut NWT., Alaska and Hawaii. INTERNET: The Internet bundle offering 6 months free Home Phone Service is based on a 1YR term. An installation fee of $50 for 6 Mbps or $80 for 15 Mbps will be applied. Savings is calculated based on Bell's and Rogers' posted websites rates as of Dec 21/2012. At Comwave's sole and taking into consideration the first 6 months of home phone free. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms

Howes teams with Murdoch for a Churchill whodunit

Guest appearance.
Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?
Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life. We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto. And that's where we find him, with Murdoch. It's turning into the new century, 1900, described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him. So he's trying to piece together the answer to the mystery.

You are covered in (fake) blood as we speak. Doesn't look good for Churchill.
Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.
We had a great day yesterday (on Murdoch) because Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, football, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?
It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.

FRANKENWEENIE
VISIT metro.com TO ENTER
YOU COULD WIN
A COPY OF FRANKENWEENIE
ON BLU-RAY™ COMBO PACK
AVAILABLE EVERYWHERE JANUARY 8
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa

Lance Armstrong lost his seven Tour de France titles. ALL PHOTOS GETTY IMAGES

Armstrong considering confessing to doping allegations?

Lance Armstrong is reportedly considering making a full confession about the performance-enhancing drug use allegations that resulted in him losing his seven Tour de France titles, according to the New York Times.

A confession could mean his lifetime ban from sports sanctioned by the World Anti-Doping Agency would be lifted, and Armstrong has been eager to return to cycling and compete in triathlons and other athletic events.

But reps for the athlete insist there's nothing to the reports.

"When, and if, Lance has something to say, there won't be any secret about it," his attorney tells The Associated Press.

Twitter

@Pink
Bikram yoga kicked my entire ass today. At one point I almost hit the panic button. #amateur

@ElizabethHurley
When people say it's a 'good wicket'....do they mean for the batsmen or bowlers? Confused.....

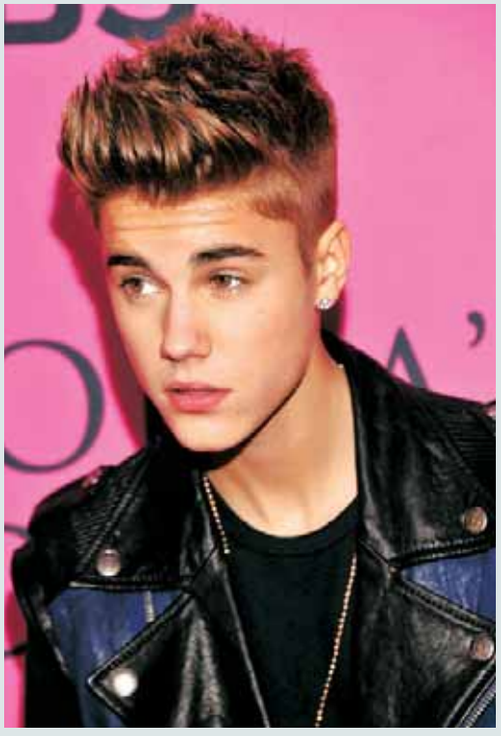
@billmaher
Looks like Obama's keeping Gitmo, they just can't close it- its the Olive Garden of prisons; it gets terrible reviews but somehow stays open

@kevin_nealon
I wouldn't mind paying the government more taxes but I know they're just gonna spend it on booze.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Celebrities who have had a rough start to 2013

THE WORD
Dorothy Robinson
scene@metronews.ca

January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.

"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Bethenny Frankel filed for divorce from her husband, Jason Hoppy, in New York City last week. The former Housewife took to Twitter about the split.

"To those of you who are being supportive: thank you. To those of you who are judging: I totally get it."

Criminal Minds and Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.

Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Miserables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."

Russell Crowe.

Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

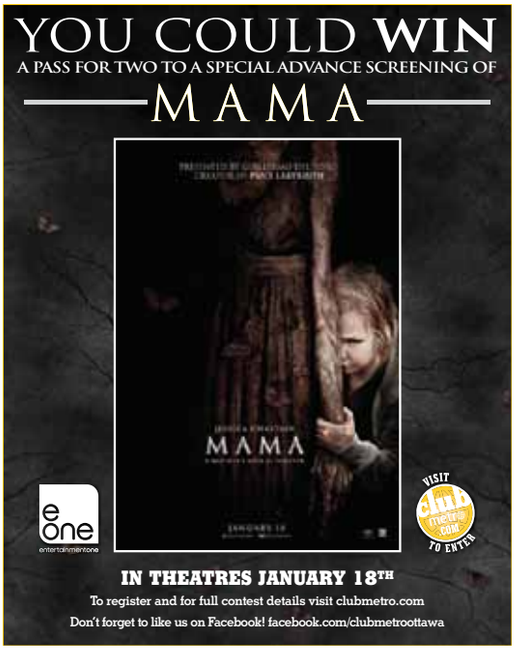
As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."



Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby — the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

Organize

Keep those water bottles straight!

Our water bottles always get mixed up on family outings.

Names written on the label always rubbed off, so we devised a way to keep them straight. It's simple!

Buy a package of plain multi-coloured hair elastics.

Each family member gets a specific colour.

The bands fit nicely around the water bottle and works even if the bottle is put in the freezer.

This way, nobody gets the cooties by accidentally drinking from her brother's or sister's or mom's water bottle.

EDITH HILLER OF YUMMYMUMMYCLUB.CA

Exclusively online

- **Uh oh.** Mommy's fridge and your diaper drawer are running on empty, which means it's time for the dreaded trip to the local supermarket. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

I am a beautiful princess...

Daddy-daughter time. One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE BOUGHNER
Metro World News

One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

Joe Boughner, who plays dress-up with his daughter. SUBMITTED

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing "boy" things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing "girl" things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't want my daughter to tolerate this sort of thing, I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Become a Health Industry Professional!

Health Office Administrator - 41 Week Diploma Program

The **Willis College** Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Ottawa • 613-233-1128 • williscollege.com
Other Campus: Smiths Falls

Dragon puts his two cents on paper

Today, Kevin O'Leary is the chairman of O'Leary Funds, a $1.7 billion mutual fund company. AARON HARRIS/TORSTAR NEWS SERVICE

The O'Leary exchange of advice. Canadian business dynamo Kevin O'Leary pens candid book on managing pennies for all ages

As a lead dragon of CBC's Dragon's Den and ABC's Shark Tank, Kevin O'Leary's success with money management and in business is legendary. But he's made mistakes along the way too.

In his new book, The Cold Hard Truth About Men, Women and Money, the dragon dishes to all generations about his errors and triumphs and mentors his readers on making money and growing it faster to achieve financial freedom.

Here is an excerpt from the recently released book, aimed at helping young adults get on their way to a monetary win:

On education and part-time work:
"Your education can be the best investment you'll ever make, or the worst one. It's an expensive and time-consuming undertaking. And make no mistake — it is an investment. It's not a break between childhood and adulthood, or an opportunity to take it easy before real life kicks in. Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy.

"I'm going to sound like an old guy here, but when I was in school, kids worked. They didn't spend four to six hours a night on Facebook or playing video games. They worked in bars and restaurants near the campus and they lived with a pile of roommates, some sleeping on a cot in the hallway.

"That's just how it was. That's how you saved a buck. I monetized my shuffleboard hobby and made a killing playing three nights a week against other players in local pubs. Even if you have to lighten your study load and graduate in five rather than four years, it's better to do that than accumulate a massive debt."

METRO

About the author

Kevin O'Leary is one of North America's most successful business entrepreneurs

- Kevin founded and built Softkey (later The Learning Company), the global leader in educational kids' software, and negotiated its sale to Mattel for $4.2 billion in 1999.
- Since then, he has successfully co-founded, funded, and sold numerous companies in a range of industries, including storage, entertainment and finance.

Take this advice to the bank

"Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy."

Kevin O'Leary
Cold Hard Truth About Men, Women and Money

Career Education
THE SAME DREAM
A DIFFERENT TIME
Then
Now!!
Get started in 2013!
Call Today! 1-866-843-8711
Apply online at www.EverestCanHelp.ca
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Everest College is the largest private career college in Ontario with more than 9,000 enrolments in Ontario annually.
Career services assistance available to graduates. Financial assistance may be available for those who qualify. Morning and afternoon classes available. Evening classes vary by campus. Programs and schedules vary by campus.

Bell your career just got better
Are you looking for a better career?
Join our team of Service Technicians and benefit from extensive technical training and a dynamic and flexible work environment.
Take this opportunity today. Apply online at bell.ca/btsjobs
Bell Technical Solutions

COLLEGE DIPLOMAS IN HEALTH CARE!
CLASSES STARTING MONTHLY
Fitness and Health Promotion
Medical Office Assistant
Personal Support Worker
Pharmacy Technician
Pharmacy Assistant - NEW PROGRAM
ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

The In-Credibility Factor

Sandra Milligan. PROVIDED

Name: Sandra Milligan
City: Toronto
Age: 37
Occupation: Founder of Boxx Cosmetics

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A car crash at the age of 19 ended Sandra Milligan's equestrian pursuits and her dream of becoming a veterinarian. Turning to a career in the beauty industry, Sandra opened up a successful salon and recently launched a new makeup line called Boxx Cosmetics. Noticing there was a gap in the marketplace, Sandra created a cosmetic line of multi-use products that are infused with skin care ingredients. After eight years of research and development, this beauty entrepreneur is watching her new company grow.

I knew I was on my way when ... I saw my products on the first shelves and in online retail stores. My vision was so clear and it translated how I always envisioned it would. I've learned beauty is a personal thing and everyone sees themselves differently. I like that I can help women see what they find beautiful about themselves and then enhance their ability to do it for themselves on a daily basis.

Action Plan

Believe in yourself and create a clear plan on how to execute your strategy
There will always be unexpected hurdles but that's exactly what they are. Go over one at a time and you will learn immensely from the right or wrong decisions.

Trust your gut reaction if you need to make a quick decision
People love to give opinions and speak about their own experiences. Only you will know what is right for you and your growing company. No one knows it like you do.

Never give up
The road gets far worse than you ever imagined before it gets better — but it will!

Tasty layers of mushrooms, spinach and sausage in strata

Also called a "wife saver" (or a "husband saver" in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage. It's gourmet breakfast, all in one dish.

Serves six to eight. THE CANADIAN PRESS HANDOUT

Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages (about 3), casing removed and roughly chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part only, thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.

2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk, salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand for 10 minutes before serving.

DAIRYGOODNESS.CA

Mushroom, Spinach Frittata. Eat warm or cold

Ingredients

- 15 ml (1 tbsp) extra-virgin olive oil
- 45 ml (3 tbsp) finely chopped shallots
- 500 ml (2 cups) sliced mushrooms
- 500 ml (2 cups) chopped fresh spinach
- 6 eggs
- 50 ml (1/4 cup) freshly grated Parmesan cheese (optional)
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) freshly ground pepper

1. Heat oven to 180 C (350 F). Prepare a 2-l (8-cup) casserole dish (or 20 by 20 cm/8 by 8 inch) with vegetable oil spray.

2. In a large skillet over medium, heat oil; add shallots and sauté until soft, about 3 minutes. Add mushrooms and sauté another 3 minutes. Add spinach and sauté another 2 minutes; set aside to cool.

3. Meanwhile, in a large bowl, beat eggs; stir in cheese, if using, and salt and pepper. Add cooled vegetable mixture and stir until mixed. Pour mixture into casserole and bake for about 30 minutes or until top is lightly browned. Let stand for 10 minutes before cutting.

THE CANADIAN PRESS/ ROSIE SCHWARTZ FOR GOLDEN D EGGS

Interested in Apprenticeship?

Our state of the art facilities include a computer lab, high-tech glazing equipment, swingstage and much more!

Call us today to find out how you can start your pre-apprenticeship in the Architectural Glass & Metal Technician trade.

Registration is limited so apply early!

ontario industrial & finishing SKILLS CENTRE

Are you looking for an exciting, long-term and profitable career in a skilled trade?

The OIFSC is seeking interested participants in the Ottawa area to enter a 36-week Architectural Glass & Metal Technician Pre-Apprenticeship training program. The program includes complete Health & Safety training, Basic Level Apprenticeship training and a paid 8-week work placement. There is no cost to participate in this program. If you are interested in applying for the program or would like more information, contact the YM/YWCA Employment Access Centre by telephone at 613-788-5001.

This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

"IT BEGINS WITH BONJOUR"

ALLIANCE FRANCAISE OF OTTAWA

DISCOVER FRENCH

PART-TIME
7 weeks - AM or PM
Session starts on:
JAN. 12

INTENSIVE
4 weeks - AM
Session starts on:
JAN. 14

SLE -Tests Preparation
For B & C Levels
7 weeks - AM or PM
Session starts on:
JAN. 16

Workshops
Oral or written French
6 weeks - PM
Sessions start on:
JAN. 16 or JAN. 21

FOR MORE INFORMATION & TO REGISTER:
613-234-9470 / info@af.ca
WWW.AF.CA/OTTAWA

metro
CANADA'S FIRST NEWS APP IN
NEWSTAND
Now available for iPad, iPhone and iPod touch!

4 SPORTS

NHL season saved from the abyss

Deal made. Lockout ends with tentative deal between league, NHLPA

An agonizingly long series of negotiations needed one final push. Spurred on by a tireless mediator, the NHL and the NHL Players' Association worked through the night to finally set aside their differences and return hockey to the place it belongs.

On the ice.

It almost seemed too good to be true when word started to leak out early Sunday morning that a marathon 16-hour negotiating session had produced a tentative deal to end the 113-day lockout. But then Gary Bettman and Donald Fehr appeared together to share the news.

"Hopefully, within a very few days the fans can get back to watching people who are skating — not the two of us," said Fehr, the NHLPA's executive director, looking as exhausted as everyone else in the bargaining room.

There is still plenty to do in a short period of time. In fact, the sides continued hammering out the final details of the players' new defined-benefit pension plan even after the tentative deal was reached around 4:45 a.m. in a second-floor conference room at a Manhattan hotel.

Next on the agenda will be committing every legal point to paper in an agreeable manner and conducting ratification votes. Both sides are in need of majority support among their memberships, and the still-to-be-determined timing of that process will determine if the shortened schedule ends up being 48 games or 50 games.

"We have reached an agreement on the framework of a new collective-bargaining agreement, the details of which need to be put to paper," said commissioner Bettman. "We've got to dot a lot of i's and cross a lot of t's. There's still a lot of work to be done but the basic framework of the deal has been agreed upon."

At least some of the credit for that goes to Scot L. Beckenbaugh, a U.S. federal mediator who remained undeterred even though his previous experience with the two sides came during the previous lockout, just days before the 2004-05 season was cancelled.

It was Beckenbaugh who helped keep talks on track over the last week and set the table for the final breakthrough. According to sources, it was during a lengthy round of shuttle mediation on Friday where he was able to start pushing the sides towards the framework that ultimately shaped the deal.

THE CANADIAN PRESS

Young hockey players skate across the Bell Centre ice in Montreal on Sunday. The Canadiens will return to their arena in the weeks ahead after a deal was reached to end the NHL lockout early Sunday morning. GRAHAM HUGHES/THE CANADIAN PRESS

Highlights of NHL's new deal

- The CBA will run for 10 years through Sept. 15, 2022, with a mutual option to terminate after eight years.
- Players receive a defined-benefit pension plan.
- Owners and players split revenue 50-50 each season, with players receiving $300 million US in deferred "make-whole payments" to ease the transition from previous system.
- A pro-rated salary cap of $70.2 million for the shortened 2012-13 season followed by a salary cap of $64.3 million in 2013-14. The salary floor will be set at $44 million for both years.
- Seven-year limit on free-agent contracts (eight-year limit when a team signs its own player to an extension).

Twitter reaction

"So excited to get back to Edmonton. See you soon Oiler fans!!!!"

Edmonton Oilers left-winger Taylor Hall

"To the fans that won't come back, I can understand. To the ones that will, thank you for your patience."

Phoenix Coyotes forward Paul Bissonnette

"Woke up to some great news...Big thank you to all who put in countless hours to get this thing done @NHLPA."

New York Islanders forward Matt Moulson

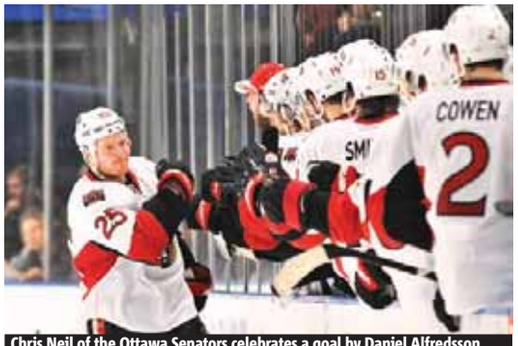
"Bettman was the guy that had to pull the trigger whether this was done or not. He saved the season."

CBC's Don Cherry, giving credit to Gary Bettman for ending the lockout.

"First order of business: raise banner."

A tweet from the Stanley Cup champion Los Angeles Kings

'We'll do our best to get the fans back'



Chris Neil of the Ottawa Senators celebrates a goal by Daniel Alfredsson against the Rangers on April 26 in New York. Neil realizes the NHL may have lost many fans with the lockout. BRUCE BENNETT/GETTY IMAGES FILE

Ottawa Senators forward Chris Neil was excited to learn of the impending deal to end the NHL lockout, but he understands there are some fans who might not share his exuberance.

News that a tentative contract had been reached between the NHL and the players' association on a 10-year collective-bargaining agreement broke early Sunday morning.

Although players are excited to get back on NHL ice, Neil realizes many fans are disillusioned with the game.

"We know there's been some damage done to the game, but as players we'll do our best to get the fans back," he said. "We have some of the best fans in the league and hopefully they'll come back, but we understand that we've lost some."

Senators forward Zack Smith added that fan apathy was one of the players' biggest concerns throughout the labour feud.

"Our fans were on the minds of a lot of players," said Smith. "Hopefully we can get a lot of them back. I'm sure the hardcore fan will be back, but we'll need to work hard to get others back."

Smith has spent much of the last four weeks playing in Denmark and said that he "started getting pretty excited" upon hearing of the tentative deal. THE CANADIAN PRESS

New addition

Ottawa native Marc Methot, who was acquired from the Columbus Blue Jackets last July, has been waiting to slip on a Senators jersey.

- The 27-year-old is likely to be counted on for some significant minutes on the blue-line along with Erik Karlsson, Sergei Gonchar and Chris Phillips

Lewis' last ride is taking him through Denver

NFL. Colts' loss ends turnaround season with rookie QB Luck

Anquan Boldin, Joe Flacco and a staunch Baltimore defence made sure on Sunday Ray Lewis' last ride will take him to Denver.

Boldin set a franchise record with 145 yards receiving, including the clinching touchdown in the Ravens' 24-9 victory over Andrew Luck and Indianapolis in an AFC wild-card game in Baltimore. The win delays star linebacker Lewis' retirement for at least another week as Baltimore (11-6) heads to Denver next Saturday.

The Broncos beat the Ravens 34-17 three weeks ago.

"I wanted Denver," Boldin said. "Because they beat us."

Lewis, who made 13 tackles, even lined up at fullback for the final kneel-down in his last home game of a 17-year career. He then went into a short version of his trademark dance before being mobbed by teammates.

He followed with a victory lap after playing for the first time since tearing his right triceps on Oct. 14 against Dallas.

The loss ended the Colts' turnaround season, in which they went from 2-14 to the playoffs in coach Chuck Pagano's first year in Indianapolis (11-6). Pagano missed 12 weeks while undergoing treatment for leukemia and returned last week.

Sunday's victory enhanced the Ravens' success rate in opening playoff games. Flacco now has won at least one post-season game in all five of his pro seasons, the only quarterback to do it in the Super Bowl era.

His main target Sunday was Boldin, who had receptions of 50 and 46 yards, plus his 18-yard TD on a floater from Flacco in the corner of the end zone with 9:14 to go.

THE ASSOCIATED PRESS

Quoted

"I knew how it started, but I never knew how it would end here in Baltimore. To go the way it did today, I wouldn't change nothing."

Baltimore Ravens linebacker Ray Lewis on his last game on home turf

Ray Lewis of the Baltimore Ravens reacts against the Indianapolis Colts on Sunday in Baltimore. PATRICK SMITH/GETTY IMAGES

World juniors

Team Canada finds some solace in news NHL is poised to return

The news for Team Canada went from bad to worse to hmm.

The world-junior team had been awake for nearly 30 hours — including for their bronze medal loss to Russia and flights to Helsinki and London — when they landed at Heathrow to find out their flight to Canada had been delayed a further 12 hours.

But in the time between landing in London and getting squirrelled away for a day in an airport hotel, they received word that the NHL lockout would be ending.

Clearly exhausted after their flights, and frustrated at the delays that would see them — at best — getting back home in the wee hours of Monday morning — some perked up at the news they would be soon in long-awaited NHL camps.

"Can't wait," said goalie Malcolm Subban. "I'm tired, but I want to go to camp."

TORSTAR NEWS SERVICE

HELP ME BUILD A BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
This holiday season, please make a gift to the Friends of the Canadian Museum for Human Rights. Your donation will help build exhibits and programming that will inspire Canadians of all ages to build a better Canada, a better world and a brighter future for us all.
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	9	.719	—
d-New York	23	10	.697	½
Atlanta	20	12	.625	3
d-Indiana	20	14	.588	4
Chicago	18	13	.581	4½
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	16	17	.485	7½
Philadelphia	15	20	.429	9½
Detroit	13	22	.371	11½
Orlando	12	21	.364	11½
Toronto	12	22	.353	12
Charlotte	8	24	.250	15
Cleveland	8	27	.229	16½
Washington	4	28	.125	19

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	26	7	.788	—
d-L.A. Clippers	27	8	.771	—
d-San Antonio	27	9	.750	½
Memphis	20	10	.667	4½
Golden State	22	11	.667	4
Houston	20	14	.588	6½
Portland	18	15	.545	8
Denver	19	16	.543	8
Minnesota	15	15	.500	9½
Utah	17	18	.486	10
L.A. Lakers	15	17	.469	10½
Dallas	13	21	.382	13½
Sacramento	13	21	.382	13½
Phoenix	12	22	.353	14½
New Orleans	8	25	.242	18

Sunday's results
Oklahoma City 104 Toronto 92
Miami 99 Washington 71
Charlotte at Detroit
Memphis at Phoenix
Denver at L.A. Lakers
Saturday's results
Boston 89 Atlanta 81
Brooklyn 113 Sacramento 93
Denver 110 Utah 91
Houston 112 Cleveland 104
Indiana 95 Milwaukee 80
L.A. Clippers 115 Golden State 89
New Orleans 99 Dallas 96 (OT)
New York 114 Orlando 106
Portland 102 Minnesota 97
San Antonio 109 Philadelphia 86
Monday's games — All Times Eastern
Oklahoma City at Washington, 7 p.m.
Boston at New York, 7:30 p.m.
Cleveland at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Dallas at Utah, 9 p.m.
Orlando at Portland, 10 p.m.
Memphis at Sacramento, 10 p.m.

THUNDER 104, RAPTORS 92

OKLAHOMA CITY (104)
Durant 6-11 8-9 22, Ibaka 8-12 3-4 19, Perkins 2-4 0-0 4, Westbrook 8-17 6-6 23, Sefolosha 1-5 0-0 3, Martin 5-12 5-5 16, Collison 5-7 0-0 10, Thabeet 0-0 0-0 0, Jackson 3-7 0-0 7, Liggins 0-1 0-0 0, Maynor 0-1 0-0 0. Totals 38-77 22-24 104.
TORONTO (92)
Pietrus 1-4 0-0 3, Davis 2-7 0-0 4, Johnson 8-11 3-4 19, Calderon 4-8 1-1 10, DeRozan 4-16 3-4 11, Anderson 10-14 3-3 27, Fields 1-3 0-0 2, Ross 0-2 0-2 0, Lowry 3-8 2-3 10, Acy 1-1 4-4 6, Lucas 0-2 0-0 0. Totals 34-76 16-21 92.

Oklahoma City	**23**	**29**	**26**	**26—104**
Toronto	**18**	**32**	**17**	**25— 92**

3-Point Goals—Oklahoma City 6-22 (Durant 2-5, Jackson 1-3, Westbrook 1-3, Sefolosha 1-5, Martin 1-6), Toronto 8-23 (Anderson 4-8, Lowry 2-4, Pietrus 1-4, Calderon 1-4, Ross 0-1, DeRozan 0-1, Lucas 0-1). Fouled Out—None. Rebounds—Oklahoma City 46 (Ibaka, Collison 8), Toronto 42 (Johnson 9). Assists—Oklahoma City 24 (Durant, Westbrook 7), Toronto 28 (Calderon 11). Total Fouls—Oklahoma City 20, Toronto 18. Technicals—Durant, Toronto Coach Casey, Lowry. A—17,634 (19,800) at Toronto.

SOCCER

ENGLAND

FA CUP
Third Round
Sunday's results
Swansea City 2 Arsenal 2
Mansfield Town 1 Liverpool 2

ITALY

SERIE A
Sunday's results
AC Milan 2 Siena 1
Chievo 1 Atalanta 0
Fiorentina 0 Pescara 2
Genoa 2 Bologna 0
Juventus 1 Sampdoria 2
Napoli 4 Roma 1
Parma 2 Palermo 1
Udinese 3 Inter Milan 0

SPAIN

PRIMERA
Sunday's results
Barcelona 4 Espanyol 0
Celta Vigo 3 Valladolid 1
Mallorca 1 Atletico Madrid 1
Real Madrid 4 Real Sociedad 3

NFL

WILD-CARD PLAYOFFS

Sunday's results
AFC — Baltimore 24 Indianapolis 9
NFC — Seattle 24 Washington 14
Saturday's results
AFC — Houston 19 Cincinnati 13
NFC — Green Bay 24 Minnesota 10

DIVISIONAL PLAYOFFS

Saturday, Jan. 12 — All Times Eastern
AFC — Baltimoreat Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday, Jan. 13
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 20
AFC and NFC, TBA

SUPER BOWL

Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP

At Ufa, Russia
Saturday's results
GOLD MEDAL
U.S. 3 Sweden 1
BRONZE MEDAL
Russia 6 **Canada 5** (OT)
Friday's result
FIFTH PLACE
Czech Republic 4 Switzerland 3

RECENT MEDALLISTS

The top three finishers in world junior hockey championships (in order of gold, silver and bronze):
2013 — U.S., Sweden, Russia
2012 — Sweden, Russia, **Canada**
2011 — Russia, Canada, U.S.
2010 — U.S., **Canada**, Sweden
2009 — **Canada**, Sweden, Russia
2008 — **Canada**, Sweden, Russia

FINAL SCORING LEADERS

	G	A	P
Nugent-Hopkins, Cda	**4**	**11**	**15**
Armia, Fin	6	6	12
Ma.Granlund, Fin	5	7	12
Teravainen, Fin	5	6	11
Gaudreau, U.S.	7	2	9
Dano, Svk	4	5	9
Trouba, U.S.	4	5	9
Huberdeau. Cda	**3**	**6**	**9**

Horoscopes

♈ Aries
March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

♉ Taurus
April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

♊ Gemini
May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

♋ Cancer
June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

♌ Leo
July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

♍ Virgo
Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

♎ Libra
Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

♐ Sagittarius
Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

♑ Capricorn
Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

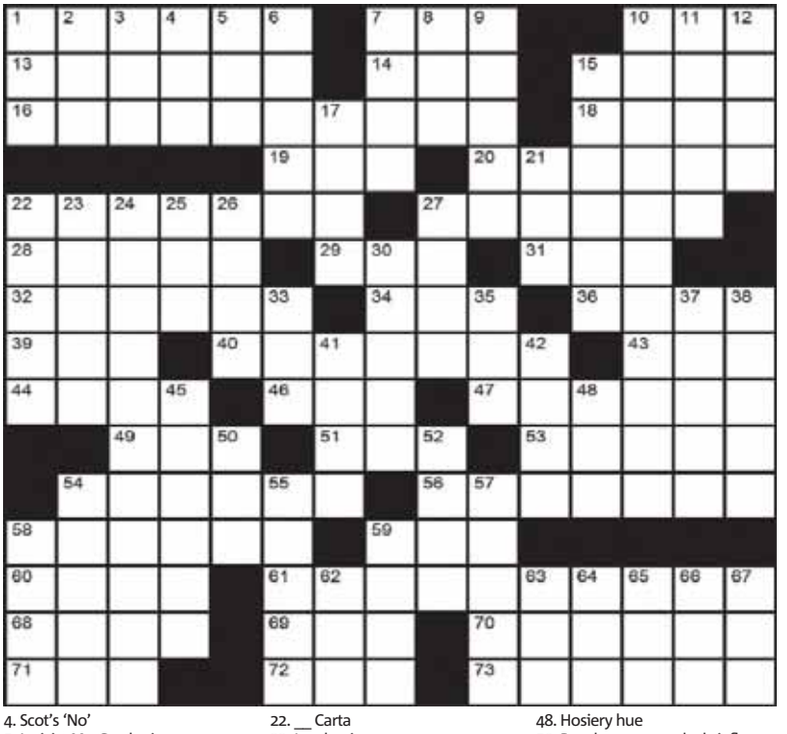
♒ Aquarius
Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

♓ Pisces
Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.

SALLY BROMPTON

Crossword: Canada Across & Down

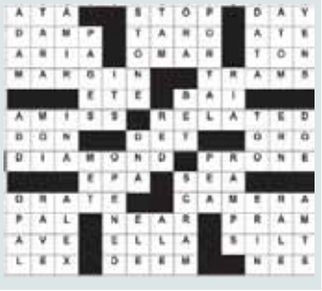
BY KELLY ANN BUCHANAN



Across
1. Vegas show, __: Still the One
7. Smartphone add-on
10. Ms. Messing, briefly
13. Duck: French
14. Kanga's sidekick
15. "__-__-voom!"
16. Governor General of Canada's official residence: 2 wds.
18. Facial scrub, St. __
19. Place
20. Brit singer Adele's surname
22. The Scottish Play
27. Stonehenge ritualists
28. Hurt
29. "__ you sure?"
31. Clip-__ (Earrings)
32. Potatoes au __
34. Simon & Garfunkel's "I __ _ Rock"
36. Dentyne, and others
39. Mr. Beatty
40. Northern Ontario hometown of the country star at #1-Across
43. Ms. Saldana of "Avatar" (2009)
44. Inquires
46. "Sk8er __" by Avril Lavigne
47. "The __ of Things"
49. Drake's music
51. Botanist Mr. Gray
53. Leslie Nielsen's '__ Gun' comedies
54. Mr. Pattinson
56. The Hunger Games heroine
58. Mr. Brosnan
59. Ashlee to Jessica, for short
60. The __ (U2 guitarist)
61. Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
68. Casual tops
69. Tokyo, once
70. Charlie Sheen's brother
71. Flub up
72. Uncooked
73. Accept the ring: 2 wds.

Down
1. Comp. part
2. Song from the musical South Pacific: "Bali __"
3. Furthermore
4. Scot's 'No'
5. Lyricist Mr. Gershwin
6. Pursuit of Happiness hit: "I'm an __ Now"
7. "Quicker than _ __ of light..." - Madonna
8. Parliament Hill fig.
9. __ bear
10. Host of #47-Across: 2 wds.
11. Levels
12. Paul McCartney's instrument
15. L'Anse aux Meadows inhabitant
17. "That's funny.": 2 wds.
21. Couplet
22. __ Carta
23. Land units
24. Nickelback frontman: 2 wds.
25. Casino wager
26. Modify
27. Ms. Lovato
30. Harold of "Ghostbusters" (1984)
33. Calligrapher's prop
35. Actress, __-Margret
37. Social customs
38. "Sowing the __ of Love" by Tears For Fears
41. Castle defense
42. Filmmaker, Gus Van __
45. Buffalo players
48. Hosiery hue
50. Bench press muscle, briefly
52. Similar
54. "Easy __" (1969)
55. Send to a specialist
57. Fireplace leftovers
58. Original Beatles drummer Mr. Best
59. Winter fluff
62. __ Red apple
63. Ms. Thurman
64. Don't hire a pro, e.g.
65. Guileful
66. Goose: French
67. 7, 16 and 38, e.g.

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	8	2	1	9	3	7	6	4
4	7	6	8	5	2	3	9	1
9	3	1	4	7	6	2	8	5
7	2	8	3	6	4	1	5	9
6	9	3	5	1	7	4	2	8
1	5	4	2	8	9	6	3	7
3	6	9	7	4	8	5	1	2
8	1	7	6	2	5	9	4	3
2	4	5	9	3	1	8	7	6

	4		5		1	6	8	
					3			4
3						1		2
	9		4			7	3	
				5				
	6	7			8		1	
8		3						9
2			9					
	5	6	8		2		4	

Today
-5°/-11°
Sunny
Tuesday
1°/-4°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

NEED A RIDE?
Read metrodrive every Wednesday.

Weather your cold.
For the temporary relief of cough. Always read and follow the label.
HALLS
We'll all feel better.

QuestChat
NORTH AMERICA'S BUSIEST CHAT LINE
FREE TRIAL
613.232.4444
Other Cities 1.888.482.8282
questchat.com

Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

Visit tdcanadatrust.com/yourretirement or a branch today.

®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.